

Creamy Lime and Avocado Tart

Here's a delightful guilt-free treat that you can even find time to make midweek. It's also quarantine shopping friendly... is that a term yet? With only seven simple ingredients, you are almost sure to have them all on hand. It was a great save for me on Monday when Joachim's birthday seemed to appear out of nowhere, and I was up against a packed schedule.

We can thank Brittany Mullins @Eatingbirdfood for inspiring this dessert and for her many spot-on gluten-free, vegan recipes.

Ingredients

Crust

- 3/4 cup shredded unsweetened coconut
- 1 cup chopped nuts, consider pecans or walnuts
- 1 cup Medjool dates, pitted and soaked in hot water for 30 minutes
- 1-2 tsp lime zest
- pinch of sea salt

Tart filling

- 4 medium avocados, halved, pitted and peeling removed (about 2 cups avocado puree)
- 3/4 cup fresh-squeezed lime juice
- 1/2 cup honey or maple syrup (adjust to taste)
- 3 T coconut oil
- 2 tsp lime zest

Directions

1. Drain dates and pat dry with paper towels. Place all ingredients in a food processor together until a dough has formed.

2. Press into springform tart pan or six individual custard cups. Place in the freezer to set while you prepare the filling.
3. Blend avocados, lime juice, sweetener of choice, coconut oil and lime zest in food processor until creamy.
4. Remove crust from the freezer. Pour filling over the crust, smoothing out with a spatula.
5. Return to freezer until set, about 2 hours. Move to refrigerator or countertop to allow to soften before slicing and serving. Store any leftovers back in the freezer.

Enjoy!